



Hank Lopez Community Center

1694 Adrian Way, San José 95122

Phone: 408-251-2850

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Supervisor: Angie T. Alfaro

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Bus Lines: 70

Types of Programs: Fee class, senior programs, senior nutrition, sports, and youth programs.

DANCE

Jazz Hip-Hop \$48

Explore beginner and intermediate Hip Hop dance, music and culture through regular practice of various routines and dance techniques. Develop coordination skills, interpersonal skills, and overcome performance anxiety... and of course have fun doing it.

Instructor: Dance Kids

Course#	Day	Date	Time	Age	Mtg.	Loc.
211.3.230	W	1/21-2/25	6:15-7pm	5-13	6	HL

Tap/Ballet \$48

In this joyful combination class of ballet and tap, routines, steps, and ballet positions will be taught. Come shuffle those happy feet and learn some basic tap steps and routines.

Instructor: Dance Kids

Course#	Day	Date	Time	Age	Mtg.	Loc.
211.3.240	W	1/21-2/25	4-5pm	5-8	6	HL

Hawaiian Dance \$48

Come hula away to beautiful Hawaiian music, students will learn basic hula techniques and moves. Let's do the limbo and other fun activities that they do in Hawaii!!!

Course#	Day	Date	Time	Age	Mtg.	Loc.
211.3.250	W	1/21-2/25	5:15-6pm	5-7	6	HL

"Si necesita asistencia para traducir el Guía de Actividades del Departamento de Parques Recreación y Servicios a la Comunidad de la Ciudad de San José, por favor comuníquese con la línea de información de la Ciudad de San José al (408) 277-4000."

EARLY CHILDHOOD RECREATION

Please read the ECR Policy on page 14

Tiny-Tots \$165

This class will help your child prepare for pre-school and kindergarten. Classes are designed to promote independence, and improve social, cognitive, and movement skills. Activities include crafts, stories, playtime and simple learning concepts. Child must be completely toilet trained and able to attend the class by themselves.

No class: 2/16

Instructor: Tam

Course#	Day	Date	Time	Age	Mtg.	Loc.
211.3.301	M/W/F	1/21-3/19	9-11:30am	3-4	25	HL

KinderTots \$165

This class emphasizes age appropriate activities, which may include crafts, stories, drama, music, and games used to develop socialization skills, hand/eye coordination, and motor skills. Children should have a general understanding of their numbers and letters, so that these skills can be improved, however the emphasis of the class is on fun. Child must be toilet trained.

No class: 2/16

Instructor: Tam

Course#	Day	Date	Time	Age	Mtg.	Loc.
211.3.302	M/W/F	1/21-3/19	12-2:30	4-5	25	HL

SPORTS & FITNESS

Self Defense \$62

Children will learn self defense and safety awareness in a fun and safe environment. Classes will be tailored to each age group according to physical, mental, and emotional ability. Children will be taught both verbal and physical skills involved in self-defense. Emphasis will be placed on increasing the student's awareness of potentially dangerous situations.

Instructor: KidSafe

Course#	Day	Date	Time	Age	Mtg.	Loc.
Beginning						
211.3.510	T	1/20-3/23	5:15-5:55pm	5-13	10	HL
Yellow Belt						
211.3.511	T	1/20-3/23	6-6:40pm	5-13	10	HL
Color Belt						
211.3.512	T	1/20-3/23	6:45-7:25pm	5-13	10	HL

Cheerleading \$52

Children will learn cheerleading moves, routines and cheers. This class will help children gain self-esteem while have fun learning. This class is designed to teach beginners the basics and improve the skills of those more advanced. By the end of the session the children will be ready for an in class cheerleading competition with their peers. Pom Poms will be available for purchase from the instructor. Uniforms will also be available for purchase but are not required.

No class: 2/141

Instructor: KidSafe

Course#	Day	Date	Time	Age	Mtg.	Loc.
211.3.520	Sa	1/24-3/20	10-10:40am	Beg 5-13	8	HL
211.3.521	Sa	1/24-3/20	10:50-11:30am	Adv 5-13	8	HL

SPORTS LEAGUES

Coed Basketball League

Dates: Jan. 10th thru March 20th
Ages: 4 – 11 years old
Games: Overfelt High School Gym
1835 Cunningham Ave.

Registration: Walk-in registration begins Jan. 10th

Positive Coaching Alliance

The Department of Parks, Recreation, and Neighborhood Services is a member of the Positive Coaching Alliance where “honoring the game” is more than just words. Our elementary sports programs have always been “funpetitive” where scores are not kept and ranking of teams is not done. We have now taken the philosophy of recreational enjoyment to new levels where coaches, parents, and children are taught even more about good sportsmanship, praising children, and being positive in all aspects of the game.

Youth Programs

Monday - Friday • 2:30 – 8pm
Youth 12 to 17 yrs.

This program is open to youth from the ages of 12 to 17 years old. We offer a variety of programs, for example - Billiards, Foosball, Ping Pong, Video games, Tournaments, Arts and Crafts, Clubs, Field Trips, Special Events and more.

Youth Activities Grant Fund

The City of San José Department of Parks, Recreation and Neighborhood Services has established a Youth Activities Grant Fund to expand recreational opportunities for disadvantaged youth. This fund allows disadvantaged youth to participate in classes, programs, and activities. By donating to the Youth Activities Grant Fund, you will provide an underprivileged youth opportunities previously unavailable. If you are interested in the program or to learn more about the Youth Scholarship Assistance Program, please contact your nearest PRNS Community Center or other PRNS Facility.



After School Homework and Recreation

Mondays – Thursdays 2:30-8pm
Fridays 2:30-6pm

(The Hank Lopez Youth Program will be closed December 19, 2003 through January 4, 2004)

Homework

(Times will be adjusted to fit the needs of the students.)

The Hank Lopez Youth Program has added a little “twist” to its homework period. Participants will be encouraged to work on outlines and create study groups.

Students are encouraged to bring their textbooks, class notes and research information to the center and then they will be assisted with their study outlines. Students are also encouraged to bring their classmates and create study groups to discuss their work and difficult problems. Recreation Leaders will be able to assist with both outlines and study groups as well as independent studies.

Recreation

Recreation Activities follow homework. Discover age appropriate, unique arts and crafts, science projects, sports and other activities. Members may suggest, implement and assist with projects of their own interest.

SPECIAL EVENTS

January 23, 2004
February 19, 2004

Youth Field Trip to Movie Theatre
Youth Skateboard Park Field Trip

7TH Annual Black History Talent Showcase A Multi-Cultural Affair

Thursday, Feb. 5, 2004
6-8pm

This event highlights talents of children in the ASP (After School Program), in the Alum Rock & surrounding school districts. Children perform song, dance, poetry and reading. Art displays and a talent show case enrich this cultural affair & community celebration. Come and enjoy this affair at the Hank Lopez Community Center. For more information call 408-251-2850.



SAN JOSE AFTER SCHOOL

Hank Lopez Area

San José After School is a partnership by the City of San José, with school districts, community-based organizations, teachers and parents to provide safe, fun and enriching activities for youth after school.

After school programs promote healthy youth development and student learning. This includes homework centers and tutoring, recreation, arts, and enrichment activities, and technology centers. Youth will enjoy safe, fun, and enriching activities at sites located throughout San José.

There are wonderful after school programs in your area. For more information about schools, libraries, and centers offering after school programs, please contact 408-277-5238.

Types of Programs

Level 1: Homework Assistance. Level one sites offer after school homework help at many locations in San José.

Level 2: Safe and Accessible After School Programs. Level two sites will offer integrated recreation and literacy and math enrichment programs.

Level 3: Integrated and Comprehensive approach after school programs. Level three sites integrate literacy, leadership, education, nutrition, cultural arts and recreation activities.

Sites	Level of Program	Time
Arbuckle Elementary School	Level 1, Homework Assistance	*
Cassell Elementary School	Level 1, Homework Assistance	*
Cesar Chavez Elementary School	Level 1, Homework Assistance	*
Cureton Elementary School	Level 3, Comprehensive	2:00-6:00pm
Dorsa Elementary School	Level 3, Comprehensive	2:00-6:00pm
Educational Park Branch Library	Level 1, Homework Assistance	*
Emmanuel Family Life Center	Level 1, Homework Assistance	*
Fischer Middle School	Level 3, Homework Assistance	2:00-6:00pm
Foothill High School	Level 1, Homework Assistance	*
Goss Elementary School	Level 3, Comprehensive	2:00-6:00pm
Hillview Branch Library	Level 1, Homework Assistance	*
James Lick High School	Level 1, Homework Assistance	*
Jose Valdez Math Institute at J. L. H	Level 1, Homework Assistance	*
Joseph George Middle School	Level 2, Homework Assistance	2:30-5:00pm
Lee Mathson Middle School	Level 3, Homework Assistance	2:00-6:00pm
Linda Vista Elementary School	Level 1, Homework Assistance	*
Lyndale Elementary School	Level 1, Homework Assistance	*
Mayfair Community Center	Level 2, Safe and Accessible	2:30-5:00pm
McCollam Elementary School	Level 3, Comprehensive	2:00-6:00pm
Meyer Elementary School	Level 1, Homework Assistance	*
Miller Elementary School	Level 1, Homework Assistance	*
Mt. Pleasant Elementary School	Level 3, Comprehensive	2:30-6:00pm
Mt. Pleasant High School	Level 1, Homework Assistance	*

SAN JOSE AFTER SCHOOL

Hank Lopez Area

OB Whaley Elementary School	Level 3, Comprehensive	2:30-6:00pm
Painter Elementary School	Level 1, Homework Assistance	*
Pala Middle School	Level 3, Homework Assistance	2:00-6:00pm
Poco Way Apartments	Level 1, Homework Assistance	*
Rogers Elementary School	Level 1, Homework Assistance	*
San Antonio Elementary School	Level 3, Comprehensive	2:30-6:00pm
Sanders Elementary School	Level 3, Comprehensive	2:30-6:00pm
Sheppard Middle School	Level 2, Homework Assistance	2:30-5:00pm
Shields Elementary School	Level 3, Comprehensive	2:30-6:00pm
Slonaker Elementary School	Level 3, Homework Assistance	2:30-6:00pm
St. John Vianney Catholic School	Level 1, Homework Assistance	*
Thomas P. Ryan Elementary School	Level 1, Homework Assistance	*

* Homework Assistance offered at individual sites immediately following the end of the school day (approximately 2:30-3:30pm).





HANK LOPEZ SENIOR PROGRAM

Hank Lopez Senior Program offers a detailed monthly activity guide listing all programs and services and includes the nutrition menu. This guide can be obtained by visiting the center. Please refer to page ? for additional information regarding citywide aging services offered through the Office on Aging.

Senior Nutrition

Nutrition Reservations

\$2

The Nutrition Program provides tasty and nutritious hot meals for seniors over 60 years of age. This is a great time to socialize with friends and family as well as meet new friends. Lunch is served Monday through Friday at 12:00 noon – please check the detailed monthly activity guide for the daily menu. Each meal provides one-third of the Recommended Daily Allowance for seniors. Occasional workshops are provided on a variety of topics. The suggested donation for seniors 60+ is \$2.00 and the guest fee for individuals under 60 is \$5.00. Lunch cards are available for \$40 and is good for 21 meals – it's like getting one free! The lunch card can be used at any nutrition site and does not expire until all 21 meals have been used. NOTE: Reservations are required. Call 408-926-3895 at least one day in advance but not more than two weeks.

Advisory Council

Advisory Council is a group of volunteers who are responsible for providing input to the center staff on programs and senior issues. If you have ideas on how to improve programs and services at our center, please join us! The Hank Lopez Senior Advisory Council meets monthly on the first Wednesday of the month at 11am.

Newcomers Orientation

Each month a Newcomers Orientation is held in order to provide an overview of the vast array of programs and services offered at Southside Senior Center. Included is a guided tour of the Center, an opportunity to meet staff, a detailed monthly activity guide, an overview of center membership, as well as an invitation to stay for lunch. Please call the Hank Lopez Senior Program office to reserve a seat just for you.

Senior Bingo

Bingo is offered every Thursday from 1:30-3:30pm. There are free snacks, door prizes, and special games. One pack is \$5, or three for \$10. Payouts for regular games are \$80 per game. Payout for the Blackout Game is \$150. Come join the fun! Bingo is completely run by volunteers and we're always looking for additional help.

Adult Education

The Center offers a wide variety of Adult Education Classes geared towards seniors. Most classes are free or low cost. Pick up an Adult Education class guide at the Center. The Fall Semester typically runs from early September to mid-December while the Spring semester runs from mid-January to May.

Senior Services

Older Adult Resource Specialist

Free

The Older Adult Resource Specialist Program works to empower senior residents and their families to better access community support services in order to promote independent living. This service includes assessment, planning, and information and referral on such topics as transportation, housekeeping, companionship, personal care, delivered meals and more. The Older Adult resource Specialist holds office hours at Hank Lopez Senior Program every Thursday of the month from 11:00am to 1:00pm. Please make an appointment by calling the Center.

Drop-in activities

The Center offers a wide variety of free drop-in activities such as Video Exercise, Country Western Line Dancing, Loteria and Brown Bag to name just a few. Pick up the detailed monthly activity guide for more information.

Senior Special Events

New Year's Celebration \$3 Members/\$5 Non-Mem

This is an annual party you don't want to miss! Celebrate the New Year in style at our Black and White Ball. Dance to music performed by a live band and enter in our "Best Dressed" contest.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
	W	1/7	1-3pm	50+		HL

Chinese New Year Celebration

\$2

Celebrate the Year of the Monkey at our Chinese New Year Celebration. Enjoy a special Chinese lunch and a Lion and Ribbon Dance performed by the Asian Cultural Dance Troop from Orchard Elementary School. Gun Hay Fat Choy!!!

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
	W	2/4	12-2pm	50+		HL

Valentine's Dance \$3 Members/\$5 Non-Members

Love is in the air! Whether it's your sweetheart, daughter/son, or best friend, Valentine's Day is a special day to share with a loved one. Join us for our special Valentine's Dance and the crowning of the new 2004 King and Queen.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
	W	2/11	1-3pm	50+		HL

March Madness Fundraiser

\$10

Come to our March Madness Fundraiser and play for fun and prizes. The admission fee entitles you to play games, which include Blackjack, Roulette, Bingo, Loteria (Mexican Bingo), and more. Bring your family, friends and neighbors as everyone is invited to this event. Come show your support for the Hank Lopez Community. All proceeds will benefit the Hank Lopez Senior Program.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
	W	3/24	5-7pm	ALL		HL